

LOCATION	DAYS	TIME	PHONE
South Whidbey "Bayview" Senior Center	M,Tu,W,F	11:45	321-1600
Brookhaven Apartments, Langley	M,W,F/Noon & <b>Th/5PM</b>		321-1600
Camano Senior & Community Center	M,W,F	Noon	387-0222
CamBay Apartments, Coupeville	M,Tu, W,F	11:45	678-4886
WEF Church Greenbank	W,F	11:30	678-3373
Oak Harbor Senior Center	M,W,F	11:30	279-0367
Coupeville Methodist Church	W	Noon	321-1600

## SENIOR SERVICES OF ISLAND COUNTY – February 2019

SERVING CAMANO AND WHIDBEY ISLANDS



### Friday— Feb 1

Tuna Casserole Bake  
French Cut Green Beans  
Dinner Salad w/Tomato  
Rustic Roll & Juice  
Seven Layer Bar

### Friday—Feb 8

Hungarian Goulash w/Gr. Beef  
Tomato Sauce & Noodles  
Spring Mix Lettuce Salad  
Cornmeal Muffin & Juice  
Chocolate Caramel Nut Cake

### Friday—Feb 15

Barbeque Chicken  
Roasted Potatoes  
Tex Mex Coleslaw  
Cornmeal Muffin & Juice  
Mixed Berry Cobbler

### Friday— Feb 22

Fish Sandwich w/Lettuce  
& Tomato & Cheese  
Homemade Chowder  
Chilled Cranberry Juice  
Apple Crisp w/Cinnamon

### Monday— Feb 4

Pork Loin w/Chutney  
Whipped Potatoes  
Winter Mix Vegetables  
Soft Bread Stick & Juice  
Fruit Cup

### Monday—Feb 11

Swedish Meatballs w/Sauce  
Over Steamed Rice  
Sunshine Carrots  
Soft Bread Stick & Juice  
Cranberry Oatmeal Cookie

### Monday—Feb 18

*Meal Sites Closed*

*President's Day*



### Monday—Feb 25

Chicken 'Fried' Steak  
Mashed Potatoes w/Gravy  
Steamed Mix Vegetables  
Morning Glory Muffin & Juice  
Fruit Salad

### Tuesday—Feb 5

Supreme Pizza  
Caesar Salad w/ Parmesan  
& Croutons  
Chilled Apple Juice  
Pumpkin Bar

### Tuesday—Feb 12

Homemade Chowder  
w/Carrots & Celery  
1/2 Egg Salad Sandwich  
On Croissant & Juice  
Chef's Choice Dessert

### Tuesday—Feb 19

Bacon Lettuce Tomato Wrap  
Tomato Bisque Soup  
w/Croutons  
Chilled Apple Juice  
Big Peanut Butter Cookie

### Tuesday—Feb 26

1/2 Reuben Sandwich  
w/Swiss Cheese & Sauerkraut  
Oven Baked Fries  
Broccoli Salad w/Cranberries  
Fresh Fruit

### Wednesday—Feb 6

Chicken Alfredo w/Pasta  
Roasted Green Beans  
Spinach Salad w/Carrots  
French Bread & Juice  
Tiramisu Dessert

### Wednesday—Feb 13

Baked Cheese Ziti w/Marinara  
Broccoli Spears  
Caesar Salad w/Croutons  
Texas Toast  
Red Velvet Cake w/Icing

### Wednesday-Feb 20

Chili Burgers and Oven Fries  
Potato Salad w/Green Onion  
Mixed Greens Salad w/Croutons  
Rustic Dinner Roll & Juice  
Lemon Bar

### Wednesday—Feb 27

Beef Satay w/Peanut Sauce  
Steamed Jasmine Rice  
Stir Fried Vegetables  
Cucumber Salad & Juice  
Happy Birthday CheeseCake!

### Thursday Feb 7

*Chef's Choice*



### Thursday— Feb 14

*Chef's Choice*



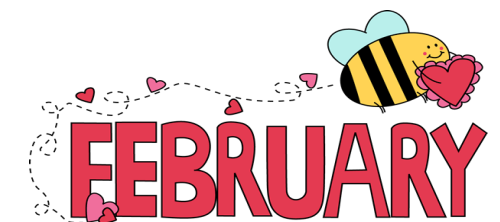
### Thursday—Feb 21

*Chef's Choice*



### Thursday Feb 28

*Chef's Choice*



**DONATIONS gladly accepted ("Quest" accepted)**

Menu substitutions or changes are sometimes necessary.  
Thank you for understanding.

Approved: *Debbie Metz*